



John Fouts <icreateupwardspirals@gmail.com>

2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff

11 messages

John Fouts <icreateupwardspirals@gmail.com>

Thu, Sep 18, 2025 at 5:12 PM

To: UKHCCustomerService@uky.edu

Bcc: lorihailey007@gmail.com, John Fouts <fouts.john@gmail.com>, gettingthriftywithit@gmail.com

I wish to pursue a formal complaint against Dr. Jicha, and request his supervisor and his or her direct contact information. Supporting files can be found attached.

The primary letter referencing the other files is entitled:

2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff.pdf

I request that this message become a part of my formal medical record and again formally state that my MyChart messages are part of my formal medical record.

I am also requesting an independent review by someone outside the University of Kentucky medical system, and who is a third party.

Please acknowledge receipt, and confirm next steps, along with providing direct contact information for Dr. Jicha's supervisor including email and fax as my ADA Accommodations are for written communication only due to some ongoing disability issues that are permanent that I have. Thank you.

The appointment was recorded, so there is no way to state anything other than the truth - I want to point that out in advance, and to ensure accountability.

--

Sincerely,

/s/ John R. Fouts

John R. Fouts, MBA

Son of a Vietnam-War-Era Veteran

Founder, *Upward Spirals Association* (508(c)(1)(A) Spiritual Faith-Based Organization – Protected under RFRA)

Federal SSA SSDI Recipient – Protected under ADA, VAWA, Section 504, and 1915(c)
Mainstream Voucher Holder – HUD/IHCDA/CASI Program

Email: icreateupwardspirals@gmail.com

Alternate: torchoftruth@zohomail.com

Phone (Text Only – ADA Accommodation): **502.956.0052**

Voice calls & voicemails will be ignored

Fax (HIPAA Compliant): **604.641.2805**

Evidence archive (prior to block on saving):

 <https://archive.org/details/@jfouts1979>

6 attachments

 **2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff (1).PDF**
108K

 **2025-09-18-Dr-Jicha-Updated-Appointment-Note-MyChart - Conversation (1).PDF**
124K

 **14-2025-09-14-Dr-Shaikun-ADA-Notes-How-Important-Stability-and-Medical-Access-ADA-Accommodations-and-Dangers-of-Displacement.PDF**
198K

 **14-2025-09-02-Grounded-Serpent-Fouts ADA letter-Signed-Dr-Brown.PDF**
462K

 **2025-09-18-Dr-Jicha-History-Of-MyChart-Messages-And-Lack-Of-Any-Concern-Negligence (1).PDF**
74K

 **2025-09-18-Dr-Jicha-Office-Responds-MyChart - Conversation.pdf**
149K

UKHC Customer Service <Customer_service@uky.edu>

Mon, Sep 22, 2025 at 10:17 AM

To: John Fouts <icreateupwardspirals@gmail.com>

Dear John Fouts,

Thank you for reaching out to the Office of Patient Experience-Customer Relations. Please send me your date of birthday so that I can get your concerns escalated to leadership.

I will wait to hear from you.

Sincerely,

Margaret R.

Customer Relations Specialist

859-257-2178 phone

From: John Fouts <icreateupwardspirals@gmail.com>
Sent: Thursday, September 18, 2025 5:12 PM
To: UKHC Customer Service <UKHCCustomerService@uky.edu>
Subject: 2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff

You don't often get email from icreateupwardspirals@gmail.com. [Learn why this is important](#)

CAUTION: External Sender

[Quoted text hidden]

Mailsuite Notification <notification@mailsuite.com>
Reply-To: ukhccustomerservice@uky.edu
To: icreateupwardspirals@gmail.com

Tue, Sep 23, 2025 at 8:24 AM

 Hot conversation: UKHCCustomerService@uky.edu opened it many times in a short period or forwarded it.
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UKHC Customer Service <Customer_service@uky.edu>
To: John Fouts <icreateupwardspirals@gmail.com>

Tue, Sep 23, 2025 at 1:20 PM

Good afternoon John Fouts,

Please forward a copy of the recording you made during your visit with Dr. Jicha. A copy of the recording is needed as your concerns are in process of being reviewed.

Sincerely,

Margaret R.

Customer Relations Specialist

Office of Patient Experience-Customer Relations

859-257-2178 phone

From: John Fouts <icreateupwardspirals@gmail.com>
Sent: Thursday, September 18, 2025 5:12 PM
To: UKHC Customer Service <UKHCCustomerService@uky.edu>
Subject: 2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff

You don't often get email from icreateupwardspirals@gmail.com. [Learn why this is important](#)

CAUTION: External Sender

I wish to pursue a formal complaint against Dr. Jicha, and request his supervisor and his or her direct contact information. Supporting files can be found attached.

[Quoted text hidden]

[Quoted text hidden]

Mailsuite Notification <notification@mailsuite.com>

Wed, Sep 24, 2025 at 9:53 AM

Reply-To: ukhccustomerservice@uky.edu

To: icreateupwardspirals@gmail.com

 Hot conversation: UKHCCustomerService@uky.edu opened it many times in a short period or forwarded it.

[View all 103 opens](#) | [turn off hot conversations](#)

John Fouts <icreateupwardspirals@gmail.com>

Thu, Sep 25, 2025 at 11:21 AM

To: UKHC Customer Service <Customer_service@uky.edu>

Cc: william.thro@uky.edu, amy.spagnuolo@uky.edu

Bcc: gettingthriftywithit@gmail.com

Date: September 20, 2025

To: Customer Relations, UK HealthCare (Customer_service@uky.edu)
CC: Krystle (Neurology Nurse Manager) (copy to MyChart thread), Ellen C. Kilgore (Office of Equal Opportunity), Amy R. Spagnuolo (Director of Open Records, UK Office of Legal Counsel), William Thro (General Counsel, University of Kentucky)

From: John R. Fouts

Email: icreateupwardspirals@gmail.com / torchoftruth@zohomail.com

Phone (Text only — ADA accommodation): 502-956-0052

Fax 604-641-2805 (HIPAA Compliant)

Subject: Formal Demand for Immediate Corrective Action, Clarification of Review Process, and Entry of ADA/RFRA Accommodations — Exhibits Provided Previously And I Reserve The Right To Include Further Exhibits. All Rights Are Reserved.

Dear Customer Relations and copied recipients,

This is a formal, written demand for immediate corrective action and written clarification regarding the handling of my complaints, my medical record, and my care with UK HealthCare. I make this demand to preserve my legal rights and to create a clear administrative record.

Summary of immediate concerns (non-exhaustive):

- UK canceled an authorized Botox appointment that had been scheduled to take place right before the authorization expired. I had requested earlier appointments but UK had waited until the last minute - ultimately - it did not matter because Krystle, the Nurse

Manager at the Neurosciences Institute / Neurology Clinic canceled the Botox appointment that was scheduled within the authorization period, that has now expired - and now a new authorization is required - interfering with my care - canceling an appointment to help with severe headaches that I continue to suffer from, without my permission, without rescheduling, without any regard for the timeline and window for authorization, and unilaterally scheduled a telehealth visit with Dr. Jicha, a provider against whom I have sought to file a formal complaint for complete lack of appropriate medical response, and at the same time stated that UK had decided he should lead my care (unilaterally also); I explicitly told UK in writing I did not consent to Dr. Jicha leading my care.

- **Objective, urgent medical findings in my record have not been acknowledged or acted on:** FDG-PET showing cortical hypometabolism (possible frontotemporal pattern), NeuroQuant showing severe frontal parenchymal volumetric atrophy (2nd percentile), newly documented spinal lesions (T7/T8 and L2) that are not congenital, repeated abnormal fungal/RealTime labs, and documented copper deficiency requiring immediate infusion. These items must be acknowledged and addressed in writing.

- **My ADA and RFRA accommodations (supported by letters from treating physicians) have repeatedly been refused or refused entry into my chart.** I requested written communications only as a reasonable accommodation — this has not been honored.

- **There is a “bone cancer” entry in my chart that I never was informed of; I request the author, date, basis/evidence for that entry, and immediate correction if erroneous. I cannot even get an answer as to whether this is based on real data or not from UK.**

- **The Office of Equal Opportunity (Ellen Kilgore) closed my complaint without including the 44+ attachments and materials I submitted, omitted every part except for one part of the complaints, refused to identify a supervisor when requested, and omitted critical evidence.** This raises procedural fairness and good-faith concerns. She also refused to provide me with the process I need to take to file a complaint against her directly, and refused to identify general counsel involved in decision making for UK's refusal to provide my spiritual faith based organization information and my spiritual beliefs in my medical record as required under the RFRA.

- **UK has failed to provide or schedule life-saving continuity care (infusions and other urgent services) and refuses to produce records for me and for my child (JAF) - we both are patients at UK** — a pattern that is causing irreparable medical harm, and begs the question as to what is being hidden, or scrubbed...or both...this is in violation of HIPAA and KORA.

• There is credible, repeated evidence of mail tampering - reported to federal authorities, email blocking, and interference with my ability to file or receive legal filings (including PACER/CMECF access issues and blocked emails to WDKY).

This obstructs access to justice and must be acknowledged and remedied.

I demand that UK, within three (1) business day of receipt of this letter, provide the following in writing and place the same documentation into my medical record (not merely in an internal file):

1. The name(s), title(s), contact email(s), fax(es), mailing address(s), and phone number(s) of the individual(s) and office who are currently reviewing my healthcare complaints including those against multiple physicians - Dr. Jicha, Dr. Aquino, Dr. Freilich, Ellen Kilgore, and those noted above (specifically identify whether the reviewer(s) are internal UK staff or an independent external reviewer or external reviewer(s).). If internal, provide the supervisor's name, email, fax, phone number, mailing address, and any other contact information - who can accept an independent oversight request - including name, phone, fax, email, mailing address, department, and any other necessary contact information. If external, provide the third-party's full name and institutional affiliation, how it became involved, when it became involved, why it became involved, what its purpose of involvement is, where it is located, and provide additionally the external group's contact(s) including name, phone, fax, mailing address, email, and confirm there are no conflicts of interest.
2. A written, line-by-line statement entering into my chart (and providing me a copy) the items listed above: **(FDG-PET result and radiology interpretation; NeuroQuant findings and normative percentiles; notation that spinal lesions are new not congenital; serial lab abnormalities requiring Infectious Disease).** If any of these items will not be entered, provide a line-by-line written refusal naming the clinician who assumes responsibility for that refusal and the clinical rationale.
3. Immediate written confirmation that my ADA and RFRA accommodation requests (letters from Dr. Katie Brown, Dr. Shaikun, Dr. Vaughn, and any others I submitted) are entered and flagged front-and-center in my chart and will be honored for all communications (MyChart/written/fax as appropriate). Provide the name/email of the person responsible for ensuring ADA accommodations.
4. Immediate written confirmation that the TNFRSF13B deficiency A181E (aka TACI Deficiency c.542C>A) for which I am homozygous is listed all as such front and center in my medical record with its clinical significance including items such as (Abnormal infection response - e.g. May not mount fever if severely infected. May have normal blood counts even if severely infected. Susceptible to further autoimmunity. Pathogenic Primary Immune Deficiency Disorder. Cause of CVID. Cause of Hypogammaglobulinemia. Cause of abnormal B-Cell Class Switched Memory vs Naive BB Cells. Known

galactosylation which is linked to IgG. Imbalanced Expression of TACI Isoforms Regulated By *TNFRSF13B* Variants Promotes the Progression of Epstein-Barr Virus-Associated Lymphoproliferative Diseases Xinyue Deng,Qiang Gao,Kefeng Shen,Wei Mu,Tong Ge, Jiachen Wang,Jianfeng Zhou,Yicheng Zhang,Dengju Li,Min Xiao)

5. **Immediate scheduling and written orders or explicit written denials (as described in #2) for the urgent referrals and interventions I requested repeatedly: Behavioral/Cognitive Neurology; Neurosurgery/Spine Oncology; Infectious Disease; Hematology for infusion continuity (copper and iron); Vascular Surgery; repeat FDG-PET (brain and spine); lumbar puncture; repeat NeuroQuant at a certified facility; MRI with CSF protocol and brainstem MRI; PET/MRI correlation or biopsy as indicated; repeat bone marrow biopsy and follow-up. Noting that I am allergic to Gadolinium contrast.**
6. **Identification of any chart entries containing the phrase “bone cancer” — who entered it, the date it was entered, the source documentation, and a commitment to correct or retract any erroneous entry within 48 hours. The item is a fairly new entry as it was not there previously.**
7. *A formal litigation-hold/preservation confirmation that UK will preserve all records, metadata, audit logs, access logs, communications, and any ESI relevant to my care and complaints, including but not limited to MyChart messages, emails, internal investigative files, and any withheld attachments. I will be providing a separate preservation notice and exhibits; mark all items preserved.*
8. *Confirmation UK will not alter, delete, or otherwise tamper with any records, access logs, or audit trails pending independent review and any legal action.*

For the avoidance of doubt: I assert that an accurate audio recording of the September 18, 2025 telehealth appointment with Dr. Jicha exists; UK has already been provided with an accurate transcript. I will provide a transcript and will make the audio available to an appropriate reviewer that is third party, and I do not waive any rights by providing a transcript, nor do I waive any rights at all. All rights are reserved. I expect UK to treat the written transcript I have already provided, as evidence, and to include it in the investigative record.

Because I remain medically fragile and urgently in need of care, failure and/or refusal to comply with items 1–7 above within the requested timeframe will be used as additional evidence of ongoing extreme bad faith by UK and will be referenced in any administrative or judicial action I pursue, including requests for injunctive relief and statutory remedies. Exhibits supporting the claims in this letter will be provided shortly and must be added to the preserved record.

This letter is without prejudice to any other legal or equitable remedies available to me. I expect an immediate, clear written response to each numbered demand above.

All Prior Records Incorporated by Reference

This demand incorporates by reference all of my prior motions, complaints, sworn affidavits, emails, letters, exhibits, communications, filings, and notices transmitted to local, state, and federal authorities. All such records are part of the evidentiary record and remain preserved. They are hereby made part of this demand in full, without the need to reattach each item individually. Any attempt to disregard or compartmentalize these records will itself constitute evidence of concealment and obstruction.

All Rights Are Reserved.

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Sincerely,

/s/ John R. Fouts

John R. Fouts, MBA

Son of a Vietnam-War-Era Veteran

Founder, *Upward Spirals Association* (508(c)(1)(A) Spiritual Faith-Based Organization – Protected under RFRA)

Federal SSA SSDI Recipient – Protected under ADA, VAWA, Section 504, and 1915(c)
Mainstream Voucher Holder – HUD/IHCDA/CASI Program

Email: icreateupwardspirals@gmail.com

Alternate: torchoftruth@zohomail.com

Phone (Text Only – ADA Accommodation): **502.956.0052**

Voice calls & voicemails will be ignored

Fax (HIPAA Compliant): **604.641.2805**

Evidence archive (prior to block on saving):

 <https://archive.org/details/@jfouts1979>

[Quoted text hidden]

John Fouts <icreateupwardspirals@gmail.com>

Thu, Sep 25, 2025 at 11:29 AM

To: UKHC Customer Service <Customer_service@uky.edu>

Cc: william.thro@uky.edu, amy.spagnuolo@uky.edu, Ellen Kilgore <ellen.kilgore@uky.edu>

The date on the email sent at 11:21 a.m. was meant to be noted as of today's date: September 25, 2025. The September 20, 2025 date was an error at the top of the 11:21 a.m. email. I also inadvertently left off Ellen Kilgore - who has now been added on this response.

[Quoted text hidden]

[Quoted text hidden]

[Quoted text hidden]
[Quoted text hidden]

Mailsuite Notification <notification@mailsuite.com>

Thu, Sep 25, 2025 at 12:20 PM

Reply-To: customer_service@uky.edu, william.thro@uky.edu, amy.spagnuolo@uky.edu, ellen.kilgore@uky.edu

To: icreateupwardspirals@gmail.com

🔥 Hot conversation: UKHC Customer Service opened it many times in a short period or forwarded it. [View all 12 opens](#) | [turn off hot conversations](#)

Mailsuite Notification <notification@mailsuite.com>

Thu, Sep 25, 2025 at 12:47 PM

Reply-To: customer_service@uky.edu, william.thro@uky.edu, amy.spagnuolo@uky.edu, ellen.kilgore@uky.edu

To: icreateupwardspirals@gmail.com

🔥 Hot conversation: Ellen Kilgore opened it many times in a short period or forwarded it. [View all 18 opens](#) | [turn off hot conversations](#)

Mudd, Sarah G. <sarah.mudd@uky.edu>

Fri, Sep 26, 2025 at 4:11 PM

To: "icreateupwardspirals@gmail.com" <icreateupwardspirals@gmail.com>

Cc: "Maier, Mark" <Mark.Maier@uky.edu>

Mr. Fouts,

Ms. Kilgore forwarded your email to me. The claims you submitted related to discrimination and harassment have been reviewed and/or investigated following University policies. Equal Opportunity considers these matters closed. If you have additional concerns related to Equal Opportunity's investigation you can direct those concerns to Mr. Mark Maier in the Office of General Counsel, copied here.

Sarah



Sarah G. Mudd

she/her/hers

Executive Director of the
Office of Equal

Opportunity & Title IX
Coordinator

University of Kentucky

Office of Equal
Opportunity

Patterson Office Tower,
18th Floor

Lexington, KY 40506-0027

[859-257-8927](tel:859-257-8927)

sarah.mudd@uky.edu

From: Kilgore, Ellen C. <ellen.kilgore@uky.edu>
Sent: Thursday, September 25, 2025 12:37 PM
To: Mudd, Sarah G. <sarah.mudd@uky.edu>
Subject: FW: 2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff



Ellen Kilgore, M.Ed.

She/Her/Hers

Equal Opportunity Investigator - Athletics &
Organization Specialist

University of Kentucky

Office of Equal Opportunity

Patterson Office Tower, 18th Floor

Lexington, KY 40506

[859-257-8927](tel:859-257-8927)

ellen.kilgore@uky.edu

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From: John Fouts <icreateupwardspirals@gmail.com>
Sent: Thursday, September 25, 2025 11:29 AM
To: UKHC Customer Service <Customer_service@uky.edu>
Cc: Thro, William <william.thro@uky.edu>; Spagnuolo, Amy R. <amy.spagnuolo@uky.edu>; Kilgore, Ellen C. <ellen.kilgore@uky.edu>
Subject: Re: 2025-09-18-Dr-Jicha-Follow-Up-Notes-To-Appointment-2025-09-18-Involving-Defamation-and-Mischaracterization-and-Further-Falsification-Attempts-By-Medical-Staff

CAUTION: External Sender

[Quoted text hidden]

Mailsuite Notification <notification@mailsuite.com>

Fri, Sep 26, 2025 at 4:21 PM

Reply-To: customer_service@uky.edu, william.thro@uky.edu, amy.spagnuolo@uky.edu, ellen.kilgore@uky.edu

To: icreateupwardspirals@gmail.com

🔥 Hot conversation: Ellen Kilgore opened it many times in a short period or forwarded it. [View all 27 opens](#) | [turn off hot conversations](#)